

## CLAIMS

What is claimed is:

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1. A method for the topical treatment of skin affected with cellulite comprising the steps of:

- (A) selecting a solid block formulation comprising a salt selected from the group consisting of sodium chloride, potassium chloride, and a combination thereof,
- 10 (B) applying the solid block by gently gliding it over the affected skin in a manner insufficient to cause abrasion and debridement of the affected skin,
- (C) allowing the applied salt selected from the group consisting of sodium chloride, potassium chloride, and a combination thereof to remain on the affected skin, and
- (D) achieving an improvement in the cellulite.

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2. The method of claim 1, wherein the block contains about 95% to about 100% of a salt selected from the group consisting of sodium chloride, potassium chloride, and a combination thereof.

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3. The method of claim 1, wherein the block of a salt selected from the group consisting of sodium chloride, potassium chloride, and a combination thereof is free of other mineral salts except for trace amounts of the other mineral salts.

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4. The method of claim 1, wherein the block of a salt selected from the group consisting of sodium chloride, potassium chloride, and a combination thereof comprises another ingredient selected from the group consisting of a salt of Mg, Ca, S, P, Zn, Mn, Fe, Cr, I, Cu, Co, Se, and combinations thereof, in a total amount up to 20% by weight.

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5. The method of claim 1, wherein the block of a salt selected from the group consisting of sodium chloride, potassium chloride, and a combination thereof is free of a carrier.

6. The method of claim 1, wherein the block of a salt selected from the group consisting of sodium chloride, potassium chloride, and a combination thereof is free of other topical medicaments and cosmetics for the topical treatment of cellulite.

5        7. The method of claim 1, wherein gliding the block of a salt selected from the group consisting of sodium chloride, potassium chloride, and a combination thereof over the affected skin is accomplished by gentle rubbing motions selected from the group consisting of dabbing motions, circular motions, up and down motions, zigzag motions, and combinations thereof.

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8. The method of claim 1, wherein gliding the block of a salt selected from the group consisting of sodium chloride, potassium chloride, and a combination thereof over the affected skin is accomplished in about 50 seconds to about 1 second.

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9. The method of claim 8, wherein gliding the block of a salt selected from the group consisting of sodium chloride, potassium chloride, and a combination thereof over the affected skin is accomplished in about 45 seconds to about 2 seconds.

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10. The method of claim 1, wherein the applied salt from the block of a salt selected from the group consisting of sodium chloride, potassium chloride, and a combination thereof forms a film on the affected skin.

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11. The method of claim 1, wherein prior to gliding the block of a salt selected from the group consisting of sodium chloride, potassium chloride, and a combination thereof over the affected skin in step (B), the affected skin is pre-moistened with water, and then, gliding the block of sodium chloride, potassium chloride, and a combination thereof over the affected skin results in the sodium chloride, potassium chloride, and combination thereof becoming wet, and then in step (C), the wetted applied sodium chloride, potassium chloride, and combination thereof remaining on the affected skin is allowed to dry on the affected skin.

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12. The method of claim 1, wherein steps (A), (B), and (C) are accomplished at least once per day.

13. The method of claim 1, wherein the block of a salt selected from the group consisting of sodium chloride, potassium chloride, and a combination thereof comprises sodium chloride and potassium chloride in a weight ratio amount of Na:K up to about 1:1.

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14. The method of claim 1, wherein the block of a salt selected from the group consisting of sodium chloride, potassium chloride, and a combination thereof comprises another ingredient selected from the group consisting of an ingredient naturally present in human extracellular fluid, an ingredient naturally present in human intracellular fluid, and a combination thereof.

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15. The method of claim 14, wherein the other ingredient naturally present in human fluid is selected from the group consisting of potassium carbonate, potassium protein complexes, potassium phosphate, sodium carbonate, sodium protein complexes, sodium phosphate, and combinations thereof, wherein the total amount of said other ingredients is less than about 45% by weight, based on the weight of the block of sodium chloride, potassium chloride, and a combination thereof.

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